

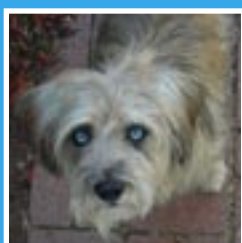


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Meet Wendy page 19

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New county curfew aims to keep kids safe

Beginning next month, young people in the unincorporated areas of the region will need to be home by 10 p.m. following a unanimous decision of the San Diego County Board of Supervisors Tuesday. Supervisor Dianne Jacob urged turning back the curfew from 11 p.m. to 10 p.m. to make the County consistent with other cities and keep young people safe.

The curfew will apply to all those under 18 loitering in public places without permission from a parent or guardian. It won't apply to minors at or heading home from sanctioned events.

Jacob joined forces with District Attorney Bonnie Dumanis and Sheriff Bill Gore to advocate for the earlier curfew. The three officials said the move will stop young people from seeking out jurisdictions with later curfews to stage parties. Jacob said the change will especially help crack down on gang-related activity in the Spring Valley area.

"I can tell you firsthand that Sherriff's deputies need this important tool to make
See CURFEW page 17

Chamber Gala winners



East County Chamber CEO Mike Cully and Chairman of the Board Roger Roberts with the team from Barona Resort and Casino were announced as winner of East County Regional Business of the Year at last week's East County Chamber of Commerce Gala. See page 10 for more photos and winners. Photo credit: Ron Cook

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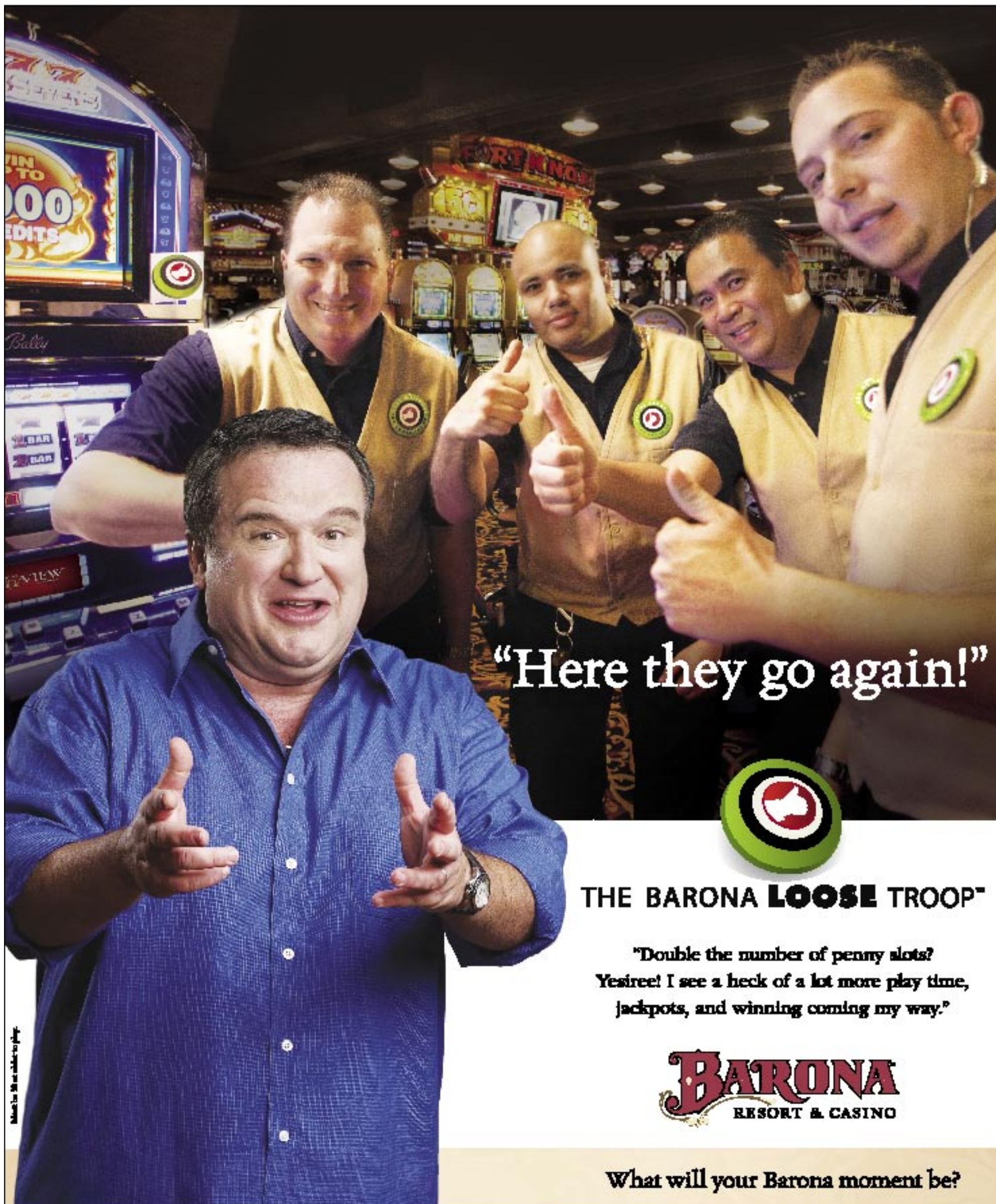
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Photo by Matt Miller for the Gazette

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SHOP EAST COUNTY

Local News & Events

Cuyamaca College Professor Setzer receives Hayward Award

Cuyamaca College music instructor Pat Setzer, a key player in the planning and construction of a performing arts complex inside the campus' sprawling \$45 million communication arts center, is one of four community college faculty members statewide to receive the 2010 Hayward Award for Excellence in Education.

Setzer, an associate professor and chair of the college's performing arts department,

joined his fellow instructors for the award presentation at the March 2 community college Board of Governors meeting in Sacramento. The award, which comes with a \$1,250 cash prize, is named after Gerald C. Hayward, chancellor of the California Community Colleges from 1980 to 1985.

"We are very proud of Pat Setzer for receiving this well-deserved recognition," said Chancellor Cindy L. Miles. "In addition to being an excel-

lent instructor whose love for teaching is rivaled only by his love of music, Professor Setzer served as faculty consultant in the construction of the college's first performing arts venue. This jewel of a facility is the manifestation of his vision of developing and nurturing strong music and performing arts programs at Cuyamaca."

Along with a centerpiece 364-seat concert hall, the complex includes a 90-seat digital theater, three rehearsal stu-

dios, two recording studios, a 24-station electronic music lab, a media lab, 11 practice rooms and costume construction/dressing rooms. Before the complex opened in January, 2008, the 10,000-student college lacked a performing arts program and its music department was relegated to a single classroom and a single piano lab. Today, the college is in the rarefied company of Juilliard and Carnegie Mellon School of Music as an All-Steinway School, a moniker bestowed by



Professor Pat Setzer teaching a class. Photo courtesy of Cuyamaca College

the foremost maker of concert pianos.

But Setzer, who last year received Cuyamaca's own Teaching Excellence award, is regarded as more than a good planner with a knack for deciphering architectural blueprints. Students speak glowingly of his commitment to the classroom and special connection he's made with so many, key reasons for his selection as a Hayward Award recipient.

Winners are selected through a process that begins locally with the colleges' Academic Senate faculty groups nominating one of their peers. The statewide Academic Senate for California Community Colleges then picks an honoree from each of its four regions who demonstrates the highest level of commitment to students, the colleges and their profession. Setzer was selected from Area D, which includes 31 community colleges in the Southern California counties of San Diego, Orange, Imperial, Riverside and San Bernardino.

The names of the Hayward Award winners are then forwarded for consideration for the U.S. Professors of the Year award, co-sponsored by the Carnegie Foundation for the Advancement of Teaching and the Council for Advancement and Support of Education. CASE is the largest international association of educational institutions.

Chris Norris, a current student of Setzer's who has even shared the stage playing in a band with the popular professor, said he's always bolstered by his words of encouragement. He credits Setzer with opening his eyes to the diverse career opportunities that a music background can offer.

"I was really nervous when

I started at the beginning of the last year as a music major because of everything you hear about music not being a very practical thing to pursue," said Norris, who comes from a family of musicians and has aspirations as a composer.

"I was taking radio and television classes and planning to get into advertising, but I decided to follow my heart. Like I said, I was really nervous about that, but Pat was always very encouraging and he steered me toward the music industry program, where you learn about the business end of music and the different ways you can incorporate music in lots of different professions."

Cuyamaca's programs in music industry studies and music education are both transfer-degree programs developed by Setzer and approved by the state. The first combines training in music theory, literature, and performance with studies in music technology and business. The second is designed for the student aspiring to become a credentialed music teacher.

Since 1989 – the first year the Hayward award was presented – seven San Diego County community college instructors have received the plaudit, founded by the California Community Colleges Board of Governors. The last instructor from San Diego County to win the prestigious award was Grossmont College Professor Zoe Close, who was lauded in 2005.

The Grossmont-Cuyamaca Community College District's colleges are serving a combined student population of nearly 31,000 students each semester. For more information about Grossmont and Cuyamaca colleges, go to www.gcccd.edu or call (619) 644-7010.

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— LOCAL NEWS & EVENTS —

El Cajon highlights —

by Monica Zech
City of El Cajon Public
Information Officer

Lend A Hand rescheduled due to rain

The El Cajon Community Development Corporation's Lend A Hand event for Saturday, Feb. 27, was canceled due to rain. It has been rescheduled for this coming Saturday, March 6, 9 to 11 a.m., at the corner of East Camden Avenue and Lincoln Avenue. If you signed up for the Disney Day program, you will still be eligible for your ticket on the rescheduled date. Once a month, residents, business owners, and community-minded individuals come together to spruce up our neighborhoods by removing trash and identifying graffiti in the streets of Downtown El Cajon. For more information or to register please call (619) 401-8858.

"Lend A Hand" Neighborhood Enhancement Projects

The first of two "Lend A Hand" neighborhood enhancement projects in Downtown El Cajon is scheduled for Saturday, March 27, from 8 a.m. to 2 p.m., at East Park Avenue between Roanoke Road and Mollison Avenue, near Cajon Valley Middle School. Enjoy music, food, and refreshments and be a part of an army of volunteers assisting with this worthwhile event coordinated by the El Cajon Community Development Corporation. Every 18 months, Lend A Hand helps residents in Downtown El Cajon identify and coordinate physical improvements in their neighborhood. With assistance from volunteers and supporters, neighbors are able to invest in the curb appeal and safety of their neighborhood. Lend A Hand brings the community together in a big way to landscape, restore tired fencing, and paint beautiful murals. The March 27 event will upgrade 700 ft of dilapidated fencing, remove trash from the designated project area, and identify graffiti for removal. May 29 will feature volunteer-friendly mural painting projects in the vicinity of the Cajon Valley Middle School ballpark. Volunteers, participants, sponsors, and materials are still needed for all events. Do you have landscaping, construction, or contracting experience? Can you volunteer time, materials, or expertise? Can you support Lend A Hand with a financial donation? Every contribution, large or small, is important to

the success of Lend A Hand. Join fellow residents and volunteers who turn out in force to clean, restore, and spruce up a neighborhood in Downtown El Cajon. You can improve lives by helping take ownership of your Downtown El Cajon community. To participate, contact Christina Burke, El Cajon CDC Community Development Coordinator, at (619) 401-8858 or Christina@downtownelcajon.com.

First-Time Homebuyer Class

A free First-Time Homebuyer Class will be held on Saturday, March 6, from 9 a.m. to 5 p.m. at the El Cajon Community Development Corporation offices, located at 131 East Main Street, in Downtown El Cajon. This First-Time Homebuyer class will educate prospective homeowners on what to expect in the home buying process. This pre-purchase education seminar is approved by HUD, Fannie Mae, and Freddie Mac. Upon completing the First-Time Homebuyer class, participants will receive a certificate of achievement, which serves to meet a mortgage lender's requirement. In one day of training, participants will learn how to buy a home from start to finish, and how to stay on track as a responsible homeowner. Information will be presented on several topics, including: preparing for homeownership, checking your credit, shopping for a home, obtaining a mortgage, closing your home, and life as a homeowner. Reservations are required; call (800) 947-3752, ext. 7820.

Free Fashion Show at El Cajon Harley Davidson

The Garage Party is scheduled for Friday, March 12 from 6:30 to 8 p.m. at the El Cajon Harley Davidson store located at 621 El Cajon Boulevard. It will be a night of fun, fashion and food! Learn all you ever wanted to know about riding a Harley with all your lady friends and see a Harley Fashion Show, too. Door prizes and much more! Please R.S.V.P. by March 5 at (619) 444-1123. Admission is free!

Free CPR lessons March 13 available

The American Red Cross is holding their annual CPR Saturday! More than 2,100 people received free training at last year's CPR Saturday. It's "free" Adult CPR certification for participants who successfully complete the training. There will also be a Children's

Learning Area available (ages 5 to 11). Saturday, March 13, with sessions beginning at 7, 8, 9, 10 and 11 a.m., 12 and 1 p.m. Please arrive 30 minutes prior to your desired session start time. Located at Golden Hall, San Diego Concourse, 202 C Street, in San Diego. There is no advance registration required for this event! Call (858) 309-1369 to obtain more information.

Next time change is March 14

Sunday, March 14, is Daylight Saving Time. We will be moving our clocks ahead one hour before you go to sleep Saturday night. Also a good time to remember to change the batteries in our smoke alarms!

Special Law Enforcement ceremonies in March

Wednesday, March 17, the El Cajon Police Department will be holding a Promotion and Retirement Ceremony, at 4 p.m. at the Ronald Reagan Community Center in El Cajon. Retiring is Police Agent John Bennett. Promotions include Jim Redman to Captain, Jeff Arvan to Lieutenant, Jon Wooddell to Sergeant, Rick Alvarado to Police Services Officer (PSO), Selena Perez to Police Dispatcher, Angela Swift to Communications Operator and Antonia Slatten to Police Records Specialist. Congratulations to all!

Miss El Cajon & Miss El Cajon Teen Pageant

The next Miss El Cajon and Miss El Cajon Teen Scholarship pageant is scheduled for Saturday, March 27, at the East County Performing Arts Center, 210 East Main Street in El Cajon. Tickets are \$15, doors open at 6:30 p.m. and the pageant begins at 7 p.m. Sponsorship opportunities are still available. For more information please call Andrea Breise, Executive Director for the Miss El Cajon Scholarship Pageant, at (619) 938-3477.

Heartland Lions holding a fashion show in April

The El Cajon Heartland Lions group is holding their 22nd Annual Champagne Luncheon and Fashion Show fundraiser called "Up, Up and Away!" The date is Saturday, April 10, at the Ronald Reagan Community Center, 195 E. Douglas Avenue, from 11 a.m. to 2 p.m. The special event benefits sight, youth, health and environmental concerns in our community. Loads of silent and live auction items offered. Tickets are \$30 per person, \$250 for table of eight. For tickets or more information call (619) 449-7478.

Seniors - Free Smoke alarms

The Burn Institute has partnered with SDG&E to Protect Seniors. Throughout the year, the Burn Institute, community volunteers and members of the fire service take part in a collaborative effort to install FREE lifesaving smoke alarms for qualified seniors in San Diego County. New for 2010, they will now provide FREE energy-saving LED nightlights to each senior household! To qualify for the Burn Institute's Senior Smoke Alarm Program, seniors must be 55 years or older, own their own home and live within San Diego County. The next installation is Saturday, March 20, for households located within the County of San Diego. The Burn Institute's Senior Smoke Alarm Program is available to seniors year-round. Installations are booked on a first-come, first-served basis. Call Gwen Lammers at (858) 541-2277, ext. 13. Visit www.burninstitute.org for more info.

If you have an event in the City of El Cajon that you would like to share, contact Monica Zech, Public Information Officer for the City of El Cajon, via e-mail at mzech@ci.el-cajon.ca.us, or send to: Monica Zech, Public Information Officer, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020.

Cash incentive to high school students

The San Diego Better Business Bureau (BBB) has announced it will donate \$500 to any high school student club or on-campus organization that brings at least 100 attendees, preferably high school students, to the BBB's free 2010 Consumer Protection Day, from 9:30 a.m. to 2:30 p.m. on Saturday, March 13, at the Scottish Rite Event Center, 1896 Camino del Rio South, in San Diego's Mission Valley area. Advance registration of the groups is required by contacting the BBB's Andrea McNelis at (858) 637-6199.

The San Diego BBB is jointly presenting Consumer Protection Day event with the San Diego City Attorney's Office and the San Diego County District Attorney. Event co-sponsors include ESET and San Diego County Credit Union. Event theme is "Dollars & Sense: Tips for Teens & Adults."

Consumer Protection Day will feature speaker panels and exhibit booths offering free resources and valuable information that will help all consumers fight back and protect themselves against fraud, identity theft and data security. Among the topics to be discussed: Financial planning and financial literacy (how to manage and use credit and avoid debt, how to make major purchases, such as a car or home and student loan information); How to protect yourself against scams and frauds (employment and job scams, education and student loan scams and real estate scams); and Cyber-security (avoiding scams on eBay, Facebook, Twitter, Craig's List, etc.). Exhibitors will include more than 35 local government, law enforcement and regulatory agencies, including the FBI, San Diego County District Attorney's Office, California Department of Consumer Affairs, Federal Drug Administration, San Diego County Bar, California Bar, California Department of Motor Vehicles, California Department of Insurance, California Department of Real Estate, California Attorney General's Office and more.

For event information, visit www.sandiego.bbb.org and click "News Center" and "Events," or www.sandiego.bbb.org/2010-consumer-protection-day/. Consumer Protection Day will be held during National Consumer Protection Week, March 7 to 13.

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— LOCAL NEWS & EVENTS —

Chico's opens first outlet store at Viejas Outlet Center

Viejas Outlet Center is proud to announce the opening of Chico's — one of the nation's leading upscale women's clothing and accessory retailers.

Chico's opened its first outlet store in San Diego County, a 2,800 square foot store at the Viejas Outlet Center, on March 2. It is located adjacent to the park area of the outlet center, near Jones New York, Rue 21, Nautica and Levi's.

The Fort Myers, Fla.-based Chico's operates over 600 boutique and 40 outlet stores in the United States, offering a line of casual, professional and dressy women's clothing, accessories and gifts, targeting women about 30 and over.

"Chico's is a wonderful addition for our customers," said Viejas Outlet Center Marketing Manager Nancy Kennedy.

"Chico's will complement our other apparel and accessory offerings, such as Polo Ralph Lauren, Guess, Gap, Nine West, Eddie Bauer, Coach and Wilson's Leather."

The opening of the Chico's store builds upon recent retail and entertainment momentum at the Viejas Outlet Center, including the opening of Viejas Bowl, a new boutique center; the Fun Zone arcade; the newest official California Welcome Center, and the expansion at Rue 21 to almost 5,000 square feet.

Located at 5005 Willows Road in Alpine, Viejas Outlet Center features 255,000 square feet of shopping space and is home to more than 50 of America's favorite brand names. Viejas Outlet Center is set on 37 acres in the east San Diego County foothills, providing shoppers with a

unique peaceful ambiance that draws upon the natural beauty of the surrounding environment, with meandering paths of lush landscaping and plant life, natural water features and massive rock formations.

Viejas Outlet Center also features a variety of great eateries, a new bowling center and a spectacular interactive water fountain. For more information on Viejas Outlet Center, visit www.viejasonlinecenter.com or call 619-259-2070.

Chico's is a women's specialty retailer of private branded, sophisticated, casual-to-dressy clothing, accessories, and other non-clothing gift items. The Chico's brand currently operates 614 boutique and 40 outlet stores, publishes a catalog during key shopping periods throughout the year, and conducts e-commerce at www.chicos.com.



Representatives of Chico's, the Viejas Outlet Center and the Alpine Chamber of Commerce attend a ribbon cutting for the new Chico's store at the Viejas Outlet Center on March 2. Photo courtesy of Viejas Outlet Center

Lakeside round-up

Lakeside Fire Protection Board

by Patt Bixby

Jim Bingham, Pete Leibig and Nicholas Johnson, three of five Lakeside Fire Protection Board Members, were asked to resign at the February 23 fire board meeting. The resignations were requested by The Lakeside First Oversight Committee which was formed after the three board members voted to terminate Lakeside fire Chief Mark Baker at a special meeting held August 16, 2009.

The Lakeside First Oversight Committee was founded by citizens for the citizens and is comprised of Lakeside Community volunteers. The Committee issued a statement that implied Bingham, Leibig and Johnson have made decisions unbeneficial to the citizens.

In a letter read to the board by the committee the three were advised, "Regardless of the outcome of the committees investigation and whether or not the law has been violated, this committee and a growing number of the citizens of Lakeside have lost their confidence in your ability to impartially serve and also believe you do not have the desire to act in your fire district's best interests."

Board members Bingham, Leibig and Johnson declined to step down however Johnson did agree to step down from labor negotiations.

A Child's Center of Wonder & Discovery presents 5th Annual fundraiser

A Child's Center of Wonder & Discovery, a non-profit 501(c)(3) Pre-school presents its 5th Annual fundraiser, Saturday March 6, from 5 to 11 p.m. at the Lakeside Community Center 9841 Vine St. Lakeside.

This preschool must fundraise every year to continue offering preschool classes at an affordable price. All money generated by this event helps to keep the doors open year after year. This year with 35 percent of their enrollment needing partial scholarships, fundraising is essential.

This event includes samplings from various restaurants, live & silent auction, raffle, a professional portrait, entertainment, and dancing.

The evening begins with providing patrons a selection of some of East County's finest independent restaurant's specialties. Wine, champagne, beer, wine margaritas & non-alcoholic beverages are also available. As you enjoy these delicious specialties, the silent auction opens giving guests the opportunity to bid on baskets of a wide variety of items including Disneyland vacations, Charger tickets, museum passes, VIP zoo tours & a professionally installed epoxy flooring. The live auction begins with beau-

tiful works of art from some of the world's greatest artists, no not Da Vinci, the pre-schoolers of course. As the evening proceeds they open up the dance floor with music provided by the professional DJ, as he plays his favorites and your request until the conclusion of the evening.

Tickets are \$30 with discounts for full table purchases. Adults only, 18 and older. Ticket includes, food, one drink ticket, one raffle tickets, a complimentary Professional photograph of you and your guest & a goodie bag (additional raffle & drink tickets are on sale during the event). You can purchase tickets by calling (619) 443-4834 or visit our Web site at www.wonderanddiscovery.com.

DESCANSO

Luke Barbour scholarship

The 16th annual Luke Barbour scholarship offering is now underway, sponsored by the Descanso Town Hall Association.

Application packets are available at Perkins Store and the Descanso Library.

The offering will involve a 500 word essay and an interview portion. Cut-off date for the essay is April 2. Interview portion is scheduled for April 18.

Call Diana Shea at (619) 938-6018 or (619) 445-2482 for more information.

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For Health's Sake

Why hypnosis? Because it works - Part 2



by Judy Callihan Warfield

Hypnosis has been accepted by the American Medical Association since 1958. Hypnosis has successfully been used for many years prior to that. Here is Part 2 of the statistics for the use of hypnosis:

- The Mayo Clinic reports on their web site: According to preliminary studies, hypnotherapy can be used to: Treat pain during childbirth and reduce labor time; control bleeding and pain during dental and

surgical procedures; relieve cramping and other symptoms associated with irritable bowel syndrome; reduce blood pressure and regulate blood flow; enhance the body's immune system and ability to fight infection; control nausea and vomiting caused by chemotherapy; reduce the intensity of frequency of migraine headaches in children and teenagers; treat and ease the symptoms of asthma; hasten the healing of some skin diseases; improve psoriasis and atopic dermatitis; change negative behaviors such as smoking, bedwetting and overeating; reduce fear, stress and anxiety; eliminate or decrease the intensity of phobias. Eighty percent of patient visits to their doctors are stress related. Almost 60 percent of all employee absences from work are related to stress. The World Health Organization calls stress a global epidemic. Stress kills over one million people a year in the U.S. Heart disease and high blood pressure; suppression of the immune system;

deaths from smoking; deaths from obesity. Stress is also a contributing factor in arthritis, herpes, fibromyalgia, insomnia, migraines, chronic pain, and infertility.

- American Gastroenterological Association accepted hypnotherapy as a successful treatment for irritable bowel syndrome in 1996

- National Cancer Institute currently lists hypnotherapy as a method to manage cancer pain and studies have indicated that people involved in therapeutic support groups have better quality of life and may extend their survival rate.

- Kaiser and Blue Shield endorse guided imagery for pre and post surgery to facilitate more rapid healing, reduce stress, and patients require less pain medication. Journal of Cardiovascular Surgery reports concur.

- Dr. Rossman and Dr. Bresler, both of UCLA Pain Control Unit, endorse guided imagery as a way to reduce pain.

- Hypnotherapy offers the highest success rate of approximately 75 percent for smoking cessation.

- A Dateline NBC experiment on weight management indicates hypnotherapy was more successful than other methods.

- Timothy Trujillo of Hypnosis Health Service has been awarded the UN Medal of Honor for his pioneering use of hypnotherapy in offsetting the symptoms of HIV/AIDS.

- Dr. Ewin with Occupational Health Center indicates burns heal faster and healing time is cut up to 2/3 of normal period.

- British Journal of Urology indicates erectile dysfunction was improved by 80 percent.

- Some studies indicate that hypertensive patients may lower blood pressure by 80 percent...and 16 percent are able to discontinue medications.

- Open heart surgery patients have fewer post operative complications as indicated by Behavioral Medicine 1989.

- Insomnia patients reported improved sleep by 100 percent and 91 percent either eliminated or reduced sleeping medications.

- Infertile women have a 41 percent conception rate per Journal of American Medical Women's Association 1999.

- PMS symptoms are reduced by 57 percent per Obstetrics and Gynecology. 1990.

- Dr. Andrew Weil recommends hypnotherapy to alleviate pain, lessen the side effects of chemotherapy, alleviate symptoms of autoimmune disease, counter-act anxiety and sleep disorders, and get rid of warts. He says, "In general, I believe that no condition is out of bounds for trying hypnotherapy on."

- Athletes from Olympians to professionals to weekend warriors have found hypnotherapy is a great tool to focus and improve their performance.

Keep in mind that a hypnotherapist does not diagnose, prescribe, or cure. Any issue that may have a medical origin will require a referral from your physician.

- Improve your health in a natural, effective, drug free way

- Take control of your health

- Become pro active in your care

- Achieve your full potential in health and life

Judy Callihan Warfield is President of Success Hypnotherapy, Inc. located 4730 Palm Ave. #205, La Mesa, Ca. 91941 and can be reached at her office by calling (619) 303-8511 or email judy@successhypnotherapy.com. Further info is on web site www.successhypnotherapy.com or call for free telephone consultation.



Health... Just Common Horse Sense

by Dr. Donald Adema

Americans have always been guardians of a nation that allows for choices. Religious, lifestyle, parental choices, and car styles are examples of what has been enjoyed and protected for two hundred plus years. Why do many not feel as secure as after the Revolutionary war victory?

An example of these growing concerns is the choice of a path in health maintenance. Over the last month my staff and I have dealt with three patients who made well informed choices on their health care. After making these choices for more than a year they had needs that required new members of the healthcare team. All three returned with stressful renditions of how they were treated at the new team member's offices. The responses ranged from "I was told I was simply wrong" to "We have much to repair" to "What was your doctor thinking." All are in good general health even with some chronic conditions. The general good health is now challenged by a fixable procedure or adjustment. But, because they chose more than the singular pharmaceutical path of prevention, they were unvalidated and some would state, punished.

Now, study that behavior of independent thought and choices and apply a health care bill that promotes a "one size fits all" approach to health prevention and maintenance. Be afraid.

For questions or comments for Dr. Adema, please write to Horse Sense Questions, C/O Adema Family Medicine, 10201 Mission Gorge Road, Santee, CA 92071.

Laughter is the Best Medicine

How do you know who to marry?

You got to find somebody who likes the same stuff. Like, if you like sports, she should like it that you like sports, and she should keep the chips and dip coming. — Alan, age 10

What is the right ages to get married?

Twenty-three is the best age because you know the person FOREVER by then. — Camille, age 10

How can a stranger tell if two people are married?

You might have to guess, based on whether they seem to be yelling at the same kids. — Derrick, age 8

What do you think your mom and dad have in common?
Both don't want any more kids. — Lori, age 8

What do most people do on a date?

Dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. — Lynnette, age 8 (isn't she a treasure)

On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date. — Martin, age 10

When is it okay to kiss someone?

When they're rich. — Pam, age 7

The law says you have to be eighteen, so I wouldn't want to mess with that. — Curt, age 7

Is it better to be single or married?

It's better for girls to be single but not for boys. Boys need someone to clean up after them. — Anita, age 9 (bless you child)

How would the world be different if people didn't get married?

There sure would be a lot of kids to explain, wouldn't there? — Kelvin, age 8

How would you make a marriage work?

Tell your wife that she looks pretty, even if she looks like a dump truck. — Ricky, age 10

Have a funny clean joke to share? Send it to: Jokes@ecgazette.com.


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— CLASS ACT ENTERTAINMENT —

'Brooklyn's Finest' — depressing from beginning to end

by Michael Black

If greed is the root of all evil, *Brooklyn's Finest* is a prime example of those who chase it. Director Antoine Fuqua, who also directed *Training Day*, and in which Denzel Washington received an Oscar for Best Actor in 2001, hopes to recapture that success with his latest thriller about corrupted cops.

Officer Eddie Dugan (Richard Gere), Detective Clarence "Tango" Butler (Don Cheadle), and Detective Salvatore "Sal" Procida (Ethan Hawke) all work for the New York Police Department. Each one has

intense personal problems. Eddie, close to retirement, is suicidal. Tango, a long-time undercover officer, is faced with a difficult choice — to frame his best friend, Caz (Wesley Snipes), for a crime he did not commit to make his boss look good for a promotion. Sal is trying to find a new place to live for his pregnant wife (Lili Taylor) but can't due to cash problems. All three serve in a drug infested Brooklyn neighborhood and the three of them are destined to arrive at one particular location that will determine each of their fates.

The film is depressing from start to finish. In the first scene

Dugan wakes up, drinks a glass of whiskey and then puts a gun in his mouth. It doesn't get much better from there. Richard Gere is horribly miscast, and emotionless in every scene. His worst scene is with a prostitute (Shannon Kane) which is a bit uncomfortable to watch. The rest of the cast all turn in reasonably good performances. This is especially true with Hawke and Cheadle, who unlike Gere, reveal the turmoil of their problems in their eyes.

It's good to see Snipes back in action, at least in a limited role and who also turns in a quality performance. At the

end of *Brooklyn's Finest*, it was still depressing and ultimately unsatisfying. There are enough depressing things in real life to deal with, why spend \$10 to see more?

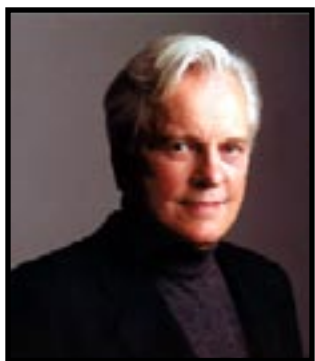


Brooklyn's Finest
Studio: Overture Films
Gazette Grade: D-
MPAA: "R" for bloody violence throughout, strong sexuality, nudity, drug content and pervasive language.
Who Should Go: Ethan Hawke fans



Richard Gere and Ethan Hawke star in *Brooklyn's Finest*. Photo credit: Phillip V. Caruso/SMPS/ Overture Films

Time to head to Georgia and Robert Osborne's Classic Film Festival



Robert Osborne. Photo courtesy: Robert Osborne's Classic Film Festival

by Diana Saenger

This month I head back to the Sixth Annual Robert Osborne's Classic Film Festival in Athens, Georgia where I'm privileged to be a panelist for the fourth time. Any true classic movie fan recognizes Robert Osborne as one of the most knowledgeable experts about classic movies as well as an enduring and congenial host of TCM's movie channel.

Athens, Georgia and the Grady College of Journalism and Mass Communication (this is its annual nonprofit event) eagerly awaits the Festival's arrival each year. The town's 2,000-seat Classic Center Theater is transformed into a world-class movie palace for the four-day festival, Thursday through Sunday, March 25-28. With the installation of a motion picture screen and state-of-the-art 35mm projection and sound systems, it's movie magic every year.

Osborne taps into his movie expertise to choose the film

line-up and executive Festival Director Nate Kohn and Director Pamela Kohn set about to fill the guest list of invitees.

This year's film lineup includes the classics; *To Catch a Thief*, *Double Indemnity*, *Stand By Me*, *Butch Cassidy and the Sundance Kid*, *The Shining*, *All About Eve*, *Steamboat Bill, Jr.*, *The Godfather II* and *The Wizard of Oz*.

"It's an exciting adventure to see these films the way they were meant to be seen," Osborne said. "The

big screen gives a different dimension and vitality to these extraordinary films."

Guests this year include Marshall Bell (*Stand By Me*); Corey Feldman (*Gremlins*); Cloris Leachman (*The Last Picture Show*); Caren Marsh-Doll (*Babes in Arms*); John Bengtson (*Silent Traces: Discovering Early Hollywood Through the Films of Charlie Chaplin*, and its Buster Keaton counterpart, *Silent Echoes*); Eddie Muller, founder and president of the Film Noir Foundation; Gray Frederickson & Fred Roos, worked with

Francis Ford Coppola on *The Godfather* and *Apocalypse Now*; Leon Vitali, worked with legendary producer/director Stanley Kubrick in on four of his films including *The Shining*; and Turner Classic Movies' vice president Tom Brown.

These guests will appear on stage after screenings for a candid discussion with hosts Osborne and members of the audience. Guests present on Saturday morning March 27, will form a panel and discuss "Social Change—How Film



Butch Cassidy and the Sundance Kid. Photo credit: 20th Century Fox

Reflects and Inspires a Shift in the Collective Cultural Climate—Propaganda or Art?"

Gazette readers can enter Diana's contest to win two backstage passes to Friday night's cocktail reception and meet Osborne and other festival guests. Enter at <http://classicismovieguide.com/content/view/546/64/>

More information about the films, guests or tickets. Note: films and guests are subject to last minute changes. www.robertosbornefilmfestival.com

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— CLASS ACT ENTERTAINMENT —

And the winners are ...

Photos by Ron Cook



Sam 'The Last Real Pirate' stirring up the audience for the auction.



Steve Hamann, auctioneer at Chamber Gala.



Chamber CEO Mike Cully and Chairman Roger Roberts with the team from DCH Honda, winner of the City of Lemon Grove Large Business of the Year.



Chamber CEO Mike Cully, City of El Cajon, Small Business winner Bobbi Pearson of Oak Tree Escrow and Chamber Chairman Roger Roberts.



Gio Restaurant and Wine Bar honored as La Mesa Small Business of the Year. L-R: Chamber CEO Mike Cully, Gabe Giordano, Tracy Giordano, Nolan Cooper and Chamber Chairman Roger Roberts.



Chamber CEO Mike Cully, Mike Hansen from Grossmont Shopping Center, winner of the City of La Mesa Large Business of the Year, and Chamber Chairman Roger Roberts.



Chamber CEO Mike Cully, Teresa Johnson, owner of Grove Pastry Shop and winner of Lemon Grove Small Business of the Year, with Chamber Chairman Roger Roberts.

Award winners not pictured:

- City of E.C. Large Business: Waste Management
- Ambassador of the Year, David Moran AXA advisors
- George Felix Volunteer of the Year, Ernie Ewin, Grossmont College Foundation
- Stoney Stone Community Service Award, Lauri Riley, Stoney's Kids
- C. Allen Paul Award, Steve Devan, Grossmont Schools Credit Union
- Wendell Cutting Ethics in Business Award, Phil Justo, ASI Heating and Air
- Jim Schmidt Business Advocate Award, Deanna Weeks, East County Economic Development Council
- Outstanding Chamber Service Award, Renae Arabo, Shamoun Investment Company

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MOTOR AND SPORTS

2010 Mitsubishi Lancer Sportback Ralliart

by Dave Stall

Anyone looking for a nice five-door family sedan to run to schools, grocery stores, events, or the big box home improvement store, this little hot rod may be just the ticket. Did I say hot rod? Well I meant "Hot Rod" This little hauler is a serious hot rod, but one would never know it from a distance. The Rotor Glow paint job (that would be a wild tangerine color) may be a tip off, but walk closer to discover a set of the finest seating when it comes to sports cars racing or rallying. That would be Recaro seats for the driver and passenger all set up for a five point seat belt system, but tame enough to take the family for a brisk Sunday drive to Julian.

Under the hood is a healthy 2.0 liter four cylinder engine

with a single spool turbo-charger attached producing 237 horsepower and 253 pound-foot of torque. Plus, the car gets 17 miles per gallon in the city and 25 on the open road. Add all-wheel drive with a center differential and the package is complete. The suspension is sport tuned at all four corners with a front Helical Limited Slip Differential and a Mechanical Limited Slip Differential in the rear and talk about traction.

The Lancer Sportback was a station wagon at one time, but Mitsubishi decided this would fit today's driver a lot better. Being it's a hatchback, there's room in the rear for a family's daily gear thanks to the 60/40 split rear seat backs, plus it has enough performance to feed a need for speed – it's a blast up to the legal speed limit. And I don't recommend driving

above the speed limit; that is what tracks are for.

Sit behind the leather wrapped steering wheel, and the Recaro seat gives an instant racer feel. Equipped with a double disc clutch system and paddle shifting, right side of steering wheel is up shifting and the left side paddle is for down shifting. I like the fact the paddles are mounted to the steering column not the steering wheel for better control.

Black interior, great interior lighting and all the controls are easy to read and operate. The first-rate center console with storage features a fine sound system. Mitsubishi has a great relationship with Rockford Fosgate. This radio system pumped out 710 watts all through the nine well-positioned speakers including a



2010 Mitsubishi Lancer Sportback Ralliart. Photo credit: Dave Stall

10-inch subwoofer nestled in the left rear of the cargo area.

When it comes to safety Mitsubishi has that area covered, right down to the driver's side knee airbag and a five star rating for frontal crash test on the driver side and four stars on the passenger side.

I like the five door sport hatch versus a station wagon. It has great visibility and handling capability, and the sound system is a killer. I admit the color on this one is weird, but the price is not bad for what the buyer gets. The Lancer starts

out at a reasonable \$19,990 and with all the Ralliart options my tester tipped the dollar scale at \$31,210 plus tax and license.

Would I buy this car? Yes! Not this color, but yes, it did everything I asked it to and then some, even parked in tight spots and ran on the freeway with the big dogs. Did I mention the warranty? It's 3/36000 bumper to bumper and 7/70,000 power train warranty. If plans are to keep the Lancer longer than 3/36, buy the service contract it's a great investment. This is another sleeper from Mitsubishi!

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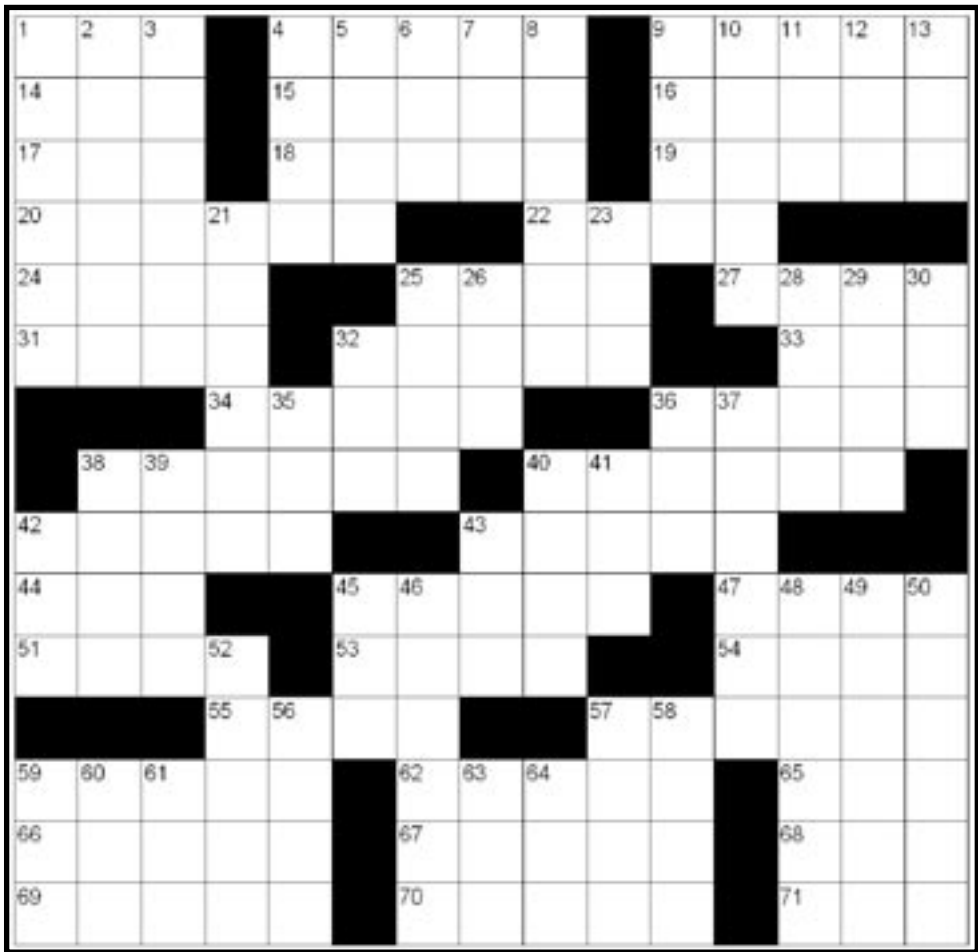
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22 Deviate

24 Decorative needle case

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27 Cast off

31 Glean

32 Disagree strongly

33 Time period

34 Lark

36 Ms. Winfrey

38 Sprung (2 wds.)

40 Brings down

42 People from Switzerland

43 Respond

44 Plod

45 Scare

47 Chances of winning

51 Ripe

53 Preposition

54 Horse's gait
- 55 Unclip

57 Dull from fatigue

59 Chili con ____

62 European nation

65 Young lady

66 Slice

67 Lowest point

68 Poem

69 Weaponed

70 Cut of beef

71 Affirmative gesture
- 25 Turn a pancake

26 Snack

28 Frau's husband

29 Long time periods

30 Morse code dash

32 Computer part

35 Possessive pronoun

36 Night bird

37 Cactus drug

38 Booty

39 "____ and go seek" (game)

40 Comedian Jay

41 Choose

42 Resort hotel

43 Trail

45 Failure

46 Give a benediction to

48 Mythical monster

49 Part of "Colorado"

50 Did hair

52 Idiot

56 Lack

57 Blintz

58 Harp

59 Certified public accountant

60 Sky

61 Rapid eye movement

63 Check

64 Hoopla

Down

- 1 Harden

2 Narcotic

3 Gown

4 Reverberate

5 Country in SE Asia

6 Fragment

7 Unrefined metal

8 Wild dogs

9 Native ruler

10 Frozen pizza brand

11 Owns

12 Only

13 Fast plane

21 Large zoo animals

23 Fire remains

SOLUTIONS



- Across

1 Male cat

4 Arm joint
- 9 Basic beliefs

14 Environmental protection agency (abbr)

15 Capital of Egypt
- 16 Groans

17 Not max

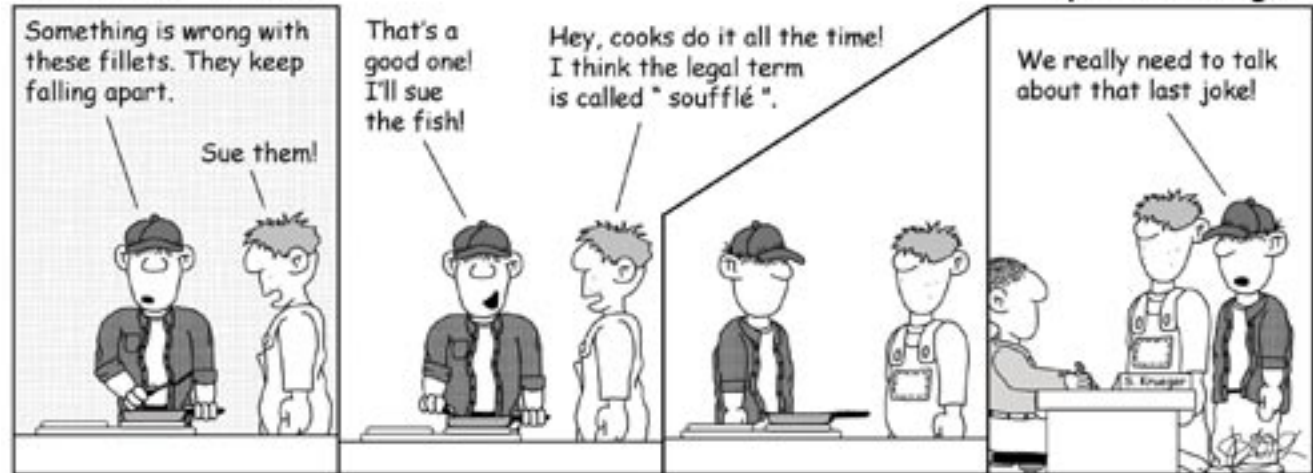
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**NOTICE OF JOINT PUBLIC HEARING
DISPOSITION AND DEVELOPMENT
AGREEMENT (DDA) BETWEEN
EL CAJON REDEVELOPMENT AGENCY
AND THE CHAMBERS
SENIOR RESIDENCE, L.P.**


On March 9, 2010, at 7:00 p.m., or soon thereafter as the matter may be heard, in the City Council Chambers, El Cajon City Hall, located at 200 Civic Center Way, El Cajon, California. The City Council of the City of El Cajon and the El Cajon Redevelopment Agency ("Agency") will hold a public hearing to consider a proposed Disposition and Development Agreement ("DDA") by and between the Agency and the Chambers Senior Residence, L.P. The proposed DDA and a Summary Report prepared pursuant to California Health and Safety Code Section 33433 are available for public inspection at the City Clerk's Office, at the above address, during office hours (8:00 a.m. to 5:00 p.m., Monday through Friday). Further information concerning this matter may also be obtained by contacting David Cooksy, Director of Redevelopment and Housing, at (619) 441-1710. If you challenge the DDA in court, you may be limited to raising only those issues which you or someone else raised at the public hearing described in this notice, or in written correspondence delivered to the City Council and the Agency prior to the public hearing.

The City of El Cajon is endeavoring to be in total compliance with the Americans with Disabilities Act. If you are a non-English speaking resident or citizen with speech, or hearing impaired and wish to review the documents or comment at the Public Hearing or require any other form of assistance or auxiliary aids in order to participate at Public Hearings, please contact the City Clerk's Office at (619) 441-1763, as far in advance of the meeting as possible.

East County Gazette- GIE030790
02/25, 03/04/10

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME**
CASE NO.37-2010-00050942-CU-PT-NC
IN THE MATTER OF THE APPLICATION OF:
DOMINIQUE BOLTON AND JEFF BOLTON
ON BEHALF OF MINOR JULIANA LYLA
BOLTON FOR CHANGE OF NAME
PETITIONER: DOMINIQUE BOLTON AND
JEFF BOLTON ON BEHALF OF MINOR
JULIANA LYLA BOLTON HAS FILED FOR AN
ORDER TO CHANGE NAME FROM:
JULIANA LYLA BOLTON
TO: LYLA JOY BOLTON

THE COURT ORDERS that all persons
interested in this matter shall appear before
this court (San Diego Superior Court, NORTH
C O U N T Y DIVISION 325 S. Melrose, Vista,
CA 92081. Department 3, on MARCH 23,
2010 at 8:30 a.m.) to show cause, if any, why
the petition for change of name should not be
granted. Any person objecting to the name
changes described above must file a written
objection that includes the reasons for the
objection at least two court days before the
matter is scheduled to be heard and must
appear at the hearing to show cause why the
petition should not be granted. If no written
objection is timely filed, the court may grant
the petition without a hearing.
IT IS FURTHER ORDERED that a copy of
this ORDER TO SHOW CAUSE be published in
the East County Gazette, a newspaper of
general circulation published in this county, at
least once a week for four successive weeks
prior to the day of the hearing.
THIS STATEMENT WAS FILED WITH THE
CLERK OF THE SUPERIOR COURT ON
FEBRUARY 3, 2010.
East County Gazette – GIE030790
2/11, 2/18, 2/25, 3/04, 2010



**NOTICE OF
JOINT SPECIAL MEETING**

NOTICE IS HEREBY GIVEN that the El
Cajon City Planning Commission will hold a
special meeting at **12:30 PM, Wednesday,
March 10, 2010**, at the Amaziah Knox House
Museum, 280 N. Magnolia Ave., El Cajon,
CA. The meeting will include a walking tour
of the museum and a presentation about El
Cajon's history by members of the El Cajon
Historical Society. No action will be taken at
this special meeting.

Any person interested in attending this meeting
may contact City of El Cajon staff to request
an agenda and directions to the nearest
parking area. Please contact Ron Valles at
(619) 441-1741.

East County Gazette- GIE030790
03/04/10



**NOTICE OF
JOINT SPECIAL MEETING**

NOTICE IS HEREBY GIVEN that the El Cajon
City Council, City Planning Commission, and
Downtown Specific Plan Ad Hoc Committee
will hold a joint special meeting at **4:30 PM,
Monday, March 8, 2010**, in the Fifth Floor
Conference Room, El Cajon City Hall, 200
Civic Center Way, El Cajon, CA.

The meeting will include a presentation of
the draft Design Guidelines for the proposed
Downtown Specific Plan. No action will be
taken at this special meeting.

Any person interested in attending this meeting
may contact City of El Cajon staff to request
an agenda and directions to the nearest
parking area. Please contact Ron Valles at
(619) 441-1741.

East County Gazette- GIE030790
03/04/10

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME**
CASE NO.37-2010-00065412-CU-PT-EC
IN THE MATTER OF THE APPLICATION OF:
SHARIF ALAMI FOR CHANGE OF
NAME PETITIONER: SHARIF ALAMI HAS
FILED FOR AN ORDER TO CHANGE
NAME FROM:
SHARIF ALAMI
TO: SHARIF MARTIN TOMASELLO

THE COURT ORDERS that all persons
interested in this matter shall appear before
this court (San Diego Superior Court, 250
EAST MAIN ST., EL CAJON, CA 92020.
Department 14, on MARCH 24, 2010 at 8:30
a.m.) to show cause, if any, why the petition
for change of name should not be granted.
Any person objecting to the name changes
described above must file a written objection
that includes the reasons for the objection
at least two court days before the matter is
scheduled to be heard and must appear at
the hearing to show cause why the petition
should not be granted. If no written objection
is timely filed, the court may grant the petition
without a hearing.
IT IS FURTHER ORDERED that a copy of
this ORDER TO SHOW CAUSE be published in
the East County Gazette, a newspaper of
general circulation published in this county, at
least once a week for four successive weeks
prior to the day of the hearing.
THIS STATEMENT WAS FILED WITH THE
CLERK OF THE SUPERIOR COURT ON
FEBRUARY 4, 2010.
East County Gazette – GIE030790
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-002736**

FICTITIOUS BUSINESS NAME(S): San
Diego Autoglass
Located at: 10007 Nuerto Lane, Spring
Valley, CA 91977
This business is conducted by: An Individual
The first day of business was: February
1, 2010
This business is hereby registered by the
following: 1. Keith Ritchason 10007 Nuerto
Lane, Spring Valley, CA 91977
This statement was filed with Recorder/
County Clerk of San Diego County on
February 01, 2010.
East County Gazette- GIE030790
2/25, 3/04, 3/11, 3/18, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-004299**


FICTITIOUS BUSINESS NAME(S): San
Diego Properties Group
Located at: 2304 Wind River Rd., El Cajon,
CA 92019
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Susan Jeanne Botticelli 2304
Wind River Rd., El Cajon, CA 92019
This statement was filed with Recorder/
County Clerk of San Diego County on
February 16, 2010.
East County Gazette- GIE030790
2/25, 3/04, 3/11, 3/18, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-004599**

FICTITIOUS BUSINESS NAME(S): Sedra
Jewelry
Located at: 528a E. Main St., El Cajon, CA
92020
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Mahin Naief 845 Friendly Circle,
El Cajon, CA 92021
This statement was filed with Recorder/
County Clerk of San Diego County on
February 18, 2010.
East County Gazette- GIE030790
2/25, 3/04, 3/11, 3/18, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT
NO. 2010-003106**

FICTITIOUS BUSINESS NAME(S): San
Diego Custom Iron
Located at: 8733 Magnolia Ave. #134,
Santee, CA 92071
This business is conducted by: An Individual
The first day of business was: February
2, 2010
This business is hereby registered by the
following: 1. Luis Lazalde 4232 Lois St., La
Mesa, CA 91941
This statement was filed with Recorder/
County Clerk of San Diego County on
February 03, 2010.
East County Gazette- GIE030790
2/11, 2/18, 2/25, 3/04, 2010



**CITY OF EL CAJON
PUBLIC NOTICE**

ONE-YEAR ACTION PLAN FOR FISCAL YEAR 2010-11

NOTICE IS HEREBY GIVEN that the El Cajon City Council will hold two public hearings to accept and consider public testimony regarding the allocation of funds from the Community Development Block Grant (CDBG) program and the HOME Investment Partnership funds. The first Public Hearing was held on **Tuesday, February 9, 2010 at 7:00 P.M.** and the second Public Hearing will be held on **Tuesday, March 23, 2010 at 3:00 P.M.** in the El Cajon Council Chambers at 200 Civic Center Way, El Cajon, CA 92020. CDBG and HOME grants are funded by the U.S. Department of Housing and Urban Development (HUD). The CDBG funds must be utilized to meet one of three national objectives to qualify for funding: 1) benefit 70% low and moderate income persons in the community; 2) aid in the elimination of slum and blight; or 3) meet other community development needs having a particular urgency because existing conditions pose a serious threat. HOME funds may be used "to provide incentives to develop and support affordable rental housing and homeownership affordability through the acquisition, new construction, reconstruction, or rehabilitation with suitable amenities, including real property acquisition, site improvement, conversion, demolition and other expenses. It may also be used to provide for the payment of reasonable administrative and planning costs, and to provide for the payment of operating expenses of community housing development organizations (CHDO's) – 24 CFR 92.205(a)." Each participating jurisdiction must set aside 15% of their HOME entitlement for CHDO's. The El Cajon City Council took these tentative actions at the February 9, 2010, public hearing: allocated \$1,249,182 of anticipated CDBG funds, and \$849,703 of anticipated HOME funds. Preliminary allocations were made and are subject to public review. The projects and programs below reflect those allocations made at the February 9, 2010, public hearing.

The One-Year Action Plan 2010-11 is the document that provides details of the projects and programs funded through CDBG and HOME funds for fiscal year 2010-11, and will be available for public review on February 18, 2010, for a minimum period of thirty (30) days. This notice only contains new funding and new projects. Projects that have not been completed or have unliquidated obligations by the end of the current fiscal year (June 30, 2010) will be carried forward into the next fiscal year.

Projects for the 2010-11 fiscal years are presented in the following format:

Project No.	Agency Name Agency Address Agency City/State/Zip Code (only if NOT in El Cajon) Project Site Address Brief description of project.	Type of project and project eligibility according to 24 CFR section as shown. National priority met, per 24 CFR section as shown and type of allocation (loan/grant/CHDO set-aside funds).	Amt. Allocated Project Title
The following projects were tentatively approved at the February 9, 2010, public hearing and will be confirmed at the March 23, 2010 public hearing, subject to receipt of confirmation of the grant amounts from HUD:			
Proposed CDBG Projects for FY 2010-11			
C0702	City of El Cajon Site N/A Loan repayment for new ladder truck for Fire Department.	19F – Repayments of Section 108 Loan 570.201(a)&(c) – Capital expenditure loan repayment L/M Area 24 CFR 570.208(a)(2)(A)	\$85,312 Ladder Truck Replacement
C0704	City of El Cajon 200 Civic Center Way 410 S. First Street, 1430 E. Lexington Avenue, 1285 E. Washington Avenue, 716 S. Second Street, 1313 E. Main Street, 212 S. Second Street, 1174 E. Main Street, 1345 E. Madison Avenue and 1440 S. Orange Avenue Housing rehabilitation loans for mobile homes in eligible parks.	14A –Rehabilitation: Single Unit Residential and 14H – Rehabilitation Administration 570.202(a)(5) Capital Expenditure Loans L/M Clientele 24 CFR 570.208(a)(2)(B)	\$81,656 Mobile Home Rehabilitation
C0902	City of El Cajon 200 Civic Center Way 935 S. Emerald Avenue Roof replacement, refurbish courtyard area, possible power upgrades, installation of HVAC, various other interior improvements and ADA upgrades.	03F – Parks/Recreational Facilities 570.201(c) – Capital Expenditure Grant L/M Area 24 CFR 570.208(a)(2)(A)	\$200,000 Renette Center Improvements

CONTINUED TO PAGE 15

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LEGAL NOTICES

CITY OF EL CAJON PUBLIC NOTICE
ONE-YEAR ACTION PLAN FOR FISCAL YEAR 2010-11
CONTINUED FROM PAGE 14

C0903	City of El Cajon 200 Civic Center Way Phase II of City's ADA Plan, identify and prioritize ADA requirements and installation of ADA curb ramps throughout city.	03 – Public Facilities 570.201(c) – Capital Expenditure Grant LM Area 24 CFR 570.207(a)(1)	\$25,000 ADA Transitional
CXXXX	Family Health Centers of San Diego 1111 W. Chase Avenue, El Cajon Expansion of Registration Area and improvements to Service Provider Room.	03P – Health Facilities 570.201(c) – Capital Expenditure Grant LM Clientele 24 CFR 570.208(a)(2)(A)	\$60,000 Chase Avenue Clinic Registration Area Expansion
C0911	City of El Cajon 200 Civic Center Way 1153 E. Madison Avenue Community Policing activities.	05I – Crime Awareness 570.201(e) – Public Services Grant LM Area 24 CFR 570.208(a)(1)(i)	\$67,387 Community Policing
CADMIN	City of El Cajon 200 Civic Center Way Administration of the CDBG program.	21A – General Program Administration 24 CFR 570.206 Grant	\$231,751 CDBG Administration
C0715	Center for Social Advocacy 277 E. Lexington Avenue, Suite A and various locations throughout the City. Fair housing activities.	21D – Fair Housing Activities 24 CFR 570.206 Grant	\$18,086 Fair Housing Activities
C0905	City of El Cajon 200 Civic Center Way City Hall and Council Chambers ADA Improvements	03 – Public Facilities 570.201(c) – Capital Expenditure Grant LM Area 24 CFR 570.207(a)(1)	\$360,000 City Hall and Council Chambers ADA Improvements
C0724	Crisis House 1034 North Magnolia Avenue Homeless Services Homeless assistance and vouchers.	03T – Homeless 570.201 (e) – Public Services Grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$40,000 Crisis House Homeless Prevention
C0712	Meals-On-Wheels 1488 Pioneer Way #4 Provide meals to elderly and disabled.	05A – Senior Services 570.201 (e) Public Services Grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$10,000 Meals-on- Wheels El Cajon
C0713	Set Free Baptist Fellowship of San Diego 1527 E. Main Street Homeless Services Homeless assistance and vouchers.	03T – Homeless 570.201 (e) – Public Services Grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$50,000 Emergency Voucher Program
C0XXX	Ecumenical Council of San Diego 3530 Camino Del Rio North, Suite 301 San Diego, CA 92108 Sites: 1034 N. Magnolia Avenue and 290 S. Magnolia Avenue, El Cajon, CA Homeless assistance and Case Management to individuals and families.	03T – Homeless 570.201 (e) – Public Services Grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$10,000 Interfaith Shelter Program
C0XXX	San Diego Food Bank 9850 Distribution Avenue San Diego, CA 92121 Site: 1465 E. Madison Avenue, El Cajon, CA Provide food to people in need.	05 – Public Services (General) 570.201 (e) – Public Services Grant Limited Clientele 24 CFR 570.208 (a)(2)(i)(A)	\$9,990 Neighborhood Distribution Center (San Diego Food Bank)

Proposed HOME Projects for FY 2010-11

H0715	Center for Social Advocacy 277 E. Lexington Avenue, Suite A and various locations throughout the City. Fair housing activities.	21D – Fair Housing Activities 24 CFR 570.206 Grant	\$6,027 Fair Housing Activities
HADMIN	City of El Cajon 200 Civic Center Way Administration of the HOME program.	21A – General Program Administration 24 CFR 92.207 Grant	\$78,943 HOME Administration

H0XXX	TBD Allocation of 15% of HOME Grant for a qualified CHDO for housing development activities. CHDO to be identified at a later time through RFP process.	13 – Direct Homeownership Assistance 92.205 – Required CHDO Set-Aside	\$127,455 15% CHDO Set-Aside
H0719	City of El Cajon 200 Civic Center Way Various locations throughout the City. First Time Homebuyer Program.	05R – Downpayment Assistance 24 CFR 92.254 – Loans	\$318,638 First Time Homebuyer Program
H0720	City of El Cajon 200 Civic Center Way Various locations throughout the City. Loan for rehabilitation of single family and mobile homes.	14A – Rehabilitation: Single Unit Residential 24 CFR 92.205(d) Loans	\$318,640 Rehab Loan Programs

Comments and requests for additional information may be directed to Xavier Velasco, Redevelopment and Housing Department, City of El Cajon, 200 Civic Center Way, El Cajon, CA 92020, (619) 441-1710.

The City of El Cajon is endeavoring to be in total compliance with the Americans with Disabilities Act. If you are a non-English speaking resident or citizen with speech, or hearing impaired and wish to review the documents or comment at the Public Hearing or require any other form of assistance or auxiliary aids in order to participate at Public Hearings, please contact the City Clerk's Office at (619) 441-1763, as far in advance of the meeting as possible.

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-004082
FICTITIOUS BUSINESS NAME(S): Just Right Termite
Located at: 9273 Wister Drive, La Mesa, CA 91941
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Bradley Vanderburgh 9273 Wister Dr., La Mesa, CA 91941
This statement was filed with Recorder/ County Clerk of San Diego County on February 11, 2010.
East County Gazette- GIE030790
2/18, 2/25, 3/04, 3/11, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-00222
FICTITIOUS BUSINESS NAME(S): Elite Car Sales, LLC
Located at: 6920 Miramar Rd., San Diego, CA 92121
This business is conducted by: A Limited Liability Company
The business has not yet started.
This business is hereby registered by the following: Elite Car Sales, LLC 38865 Cherry Point Ln., Murrieta, CA 92563
This statement was filed with Recorder/ County Clerk of San Diego County on January 26, 2010.
East County Gazette- GIE030790
2/18, 2/25, 3/04, 3/11, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002576
FICTITIOUS BUSINESS NAME(S): La Mesa Transcription
Located at: 5590 Lake Park Way, La Mesa, CA 91942
This business is conducted by: An Individual
The first day of business was: January 1, 2010
This business is hereby registered by the following: 1. Pamela Hall 5590 Lake Park Way, La Mesa, CA 91942
This statement was filed with Recorder/ County Clerk of San Diego County on January 29, 2010.
East County Gazette- GIE030790
2/11, 2/18, 2/25, 3/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002627
FICTITIOUS BUSINESS NAME(S): Bob's Big Boy
Located at: 937 Parkway Plaza, El Cajon, CA 92020
This business is conducted by: A Limited Liability Company
The first day of business was: December 17, 2009
This business is hereby registered by the following: 1. El Cajon Operating 31742 Los Rios Street, San Juan Capistrano, CA 92675
El Cajon Operating, California
This statement was filed with Recorder/ County Clerk of San Diego County on January 29, 2010.
East County Gazette- GIE030790
2/18, 2/25, 3/04, 3/11, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003401
FICTITIOUS BUSINESS NAME(S): MANTRAP
Located at: 783 Arnele, El Cajon, CA 92020
This business is conducted by: An Individual
The first day of business was: July 2, 2005
This business is hereby registered by the following: 1. Yen-Thi-Mai 10817 El Nopal, Santee, CA 92071
This statement was filed with Recorder/ County Clerk of San Diego County on February 05, 2010.
East County Gazette- GIE030790
2/11, 2/18, 2/25, 3/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003003
FICTITIOUS BUSINESS NAME(S): Simple Construct
Located at: 2897 Helix St., Spring Valley, CA 91977
This business is conducted by: Husband and Wife
The first day of business was: April 1, 2009
This business is hereby registered by the following: 1. Rebecca Taylor 2897 Helix St., Spring Valley, CA 91977; 2. Michael Long 2897 Helix St., Spring Valley, CA 91977
This statement was filed with Recorder/ County Clerk of San Diego County on February 02, 2010.
East County Gazette- GIE030790
2/11, 2/18, 2/25, 3/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002215
FICTITIOUS BUSINESS NAME(S): Bread of Life Ministry of San Diego, Inc.
Located at: 7868 Mission Vista Dr., San Diego, CA 92120
This business is conducted by: A Corporation
The first day of business was: November 11, 2004
This business is hereby registered by the following: Bread of Life Ministry of San Diego, Inc. 267 Sunnybrook Lane, El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on January 26, 2010
East County Gazette- GIE030790
2/11, 2/18, 2/25, 3/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003000
FICTITIOUS BUSINESS NAME(S): Route 94 Vehicle Registration Service
Located at: 12868 Hwy 94, Spring Valley, CA 91978
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Ardelle J. Stewart 8687 Lemon Ave. #7, La Mesa, CA 91941
This statement was filed with Recorder/ County Clerk of San Diego County on February 2, 2010.
East County Gazette- GIE030790
2/11, 2/18, 2/25, 3/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002210
FICTITIOUS BUSINESS NAME(S): Classic Cheesecake Company
Located at: 7868 Mission Vista Dr., San Diego, CA 92120
This business is conducted by: An Individual
The first day of business was: March 19, 2009
This business is hereby registered by the following: Steven Snyder 7868 Mission Vista Dr., San Diego, CA 92120
This statement was filed with Recorder/ County Clerk of San Diego County on January 26, 2010
East County Gazette- GIE030790
2/11, 2/18, 2/25, 3/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003946
FICTITIOUS BUSINESS NAME(S): LoyalPetLoss.com
Located at: 122 So. Stephanie Lane, El Cajon, CA 92019
This business is conducted by: Husband and Wife
The business has not yet started.
This business is hereby registered by the following: 1. Georgette Weitz 122 So. Stephanie Lane, El Cajon, CA 92019; 2. Darrell Weitz 122 So. Stephanie Lane, El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on February 10, 2010.
East County Gazette- GIE030790
2/18, 2/25, 3/04, 3/11, 2010

STATEMENT OF ABANDONMENT
OF USE OF
FICTITIOUS BUSINESS NAME
ORIGINAL FILE NO. 2007-006407
FILE NO. 2010-003466

The following person(s) has/have abandoned the use of the fictitious business name: Point Loma Coin-OP Laundry
The Fictitious Business Name Statement was filed on February 16, 2007, in the County of San Diego.
2373 Midway Dr., San Diego, CA 92110
This business was conducted by:
1. Michael Herzog 4463 Corte Veranos, Temecula, CA 92592
2. Luna Herzog 4463 Corte Veranos, Temecula, CA 92592
THIS STATEMENT WAS FILED WITH THE COUNTY CLERK-RECORDER OF SAN DIEGO COUNTY ON February 05, 2010
East County Gazette GIE 030790
3/04, 3/11, 3/18, 3/25, 2010

JUST ONE STOP!
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1130 Broadway, El Cajon
or call (619) 444-5774

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BY OUR OFFICE,
YOU'RE DONE!

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-001281**
FICTITIOUS BUSINESS NAME(S): Cups
& Cones
Located at: 9930 Maine Ave., Lakeside,
CA 92040
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Brian Stearns Sr., 11508 Cerro
De Paz, Lakeside, CA 92040
This statement was filed with Recorder/
County Clerk of San Diego County on
January 15, 2010.
East County Gazette- GIE030790
3/04, 3/11, 3/18, 3/25, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-003628**
FICTITIOUS BUSINESS NAME(S): RES
ENTERPRISES
Located at: 10965 Hartley Rd. Ste. U,
Santee, CA 92040
This business is conducted by: An Individual
The first day of business was: September
24, 2009
This business is hereby registered by the
following: 1. Raymond E. Stout 9238 Lapeer
Ct., Santee, CA 92071
This statement was filed with Recorder/
County Clerk of San Diego County on
February 08, 2010.
East County Gazette- GIE030790
3/04, 3/11, 3/18, 3/25, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-003739**
FICTITIOUS BUSINESS NAME(S): a.) The
Wired Community b.) Wired Community
Located at: 10427 Healy St., Santee, CA
92071
This business is conducted by: a General
Partnership
The business has not yet started.
This business is hereby registered by the
following: 1. Robert Surber 10617 Healy Ct.,
Santee, CA 92071; 2. Todd Tolson 10427
Healy St., Santee, CA 92071
This statement was filed with Recorder/
County Clerk of San Diego County on
February 09, 2010.
East County Gazette- GIE030790
3/04, 3/11, 3/18, 3/25, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-005423**
FICTITIOUS BUSINESS NAME(S):
Vendrell's Cleaning
Located at: 1319 Navello Terrace, El Cajon,
CA 92021
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Maria Castaneda 1319 Navello
Terrace, El Cajon, CA 92021
This statement was filed with Recorder/
County Clerk of San Diego County on
February 25, 2010.
East County Gazette- GIE030790
3/04, 3/11, 3/18, 3/25, 2010

**ORDER TO SHOW CAUSE FOR
CHANGE OF NAME**
CASE NO.37-2010-00085910-CU-PT-CTL
IN THE MATTER OF THE APPLICATION OF:
KRISHNA CIDAMBI RAVI FOR CHANGE OF
NAME PETITIONER: KRISHNA CIDAMBI
RAVI HAVE FILED FOR AN ORDER TO
CHANGE NAME FROM:
KRISHNA CIDAMBI RAVI
TO: KRISHNA RAVI CIDAMBI
THE COURT ORDERS that all persons
interested in this matter shall appear before
this court (San Diego Superior Court, 330
WEST BROADWAY, SAN DIEGO, CA 92101.
Department D-25, on APRIL 06, 2010 at 8:30
a.m.) to show cause, if any, why the petition
for change of name should not be granted.
Any person objecting to the name changes
described above must file a written objection
that includes the reasons for the objection
at least two court days before the matter is
scheduled to be heard and must appear at
the hearing to show cause why the petition
should not be granted. If no written objection
is timely filed, the court may grant the petition
without a hearing.
IT IS FURTHER ORDERED that a copy of
this ORDER TO SHOW CAUSE be published in
the East County Gazette, a newspaper of
general circulation published in this county, at
least once a week for four successive weeks
prior to the day of the hearing.
THIS STATEMENT WAS FILED WITH THE
CLERK OF THE SUPERIOR COURT ON
FEBRUARY 22, 2010.
East County Gazette – GIE030790
3/04, 3/11, 3/18, 3/25, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-005459**
FICTITIOUS BUSINESS NAME(S): By Your
Side Senior Travel Companion
Located at: 5450 Siesta Dr., San Diego,
CA 92115
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the
following: 1. Mary-Ann Kaiser 5450 Siesta
Dr., San Diego, CA 92115
This statement was filed with Recorder/
County Clerk of San Diego County on
February 25, 2010.
East County Gazette- GIE030790
3/04, 3/11, 3/18, 3/25, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-004933**
FICTITIOUS BUSINESS NAME(S): a.) Big
City Tattoo Ink, b.) Big City Tat2
Located at: 2913 University, San Diego,
CA 92104.
This business is conducted by: An Individual
The first day of business was Jan. 1. 2010.
This business is hereby registered by the
following: 1. Angela Bolson, 1715 Eldon Ct.,
El Cajon, CA 92021.
This statement was filed with Recorder/
County Clerk of San Diego County on
February 22, 2010.
East County Gazette- GIE030790
3/04, 3/11, 3/18, 3/25, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-004759**
FICTITIOUS BUSINESS NAME(S): Studio B
Located at: 1347 Tavern Rd. #B4, Alpine,
CA 91901
This business is conducted by: A General
Partnership
The business has not yet started.
This business is hereby registered by the
following: 1. Raquel Bourgeois 1347 Tavern
Rd. #B4, Alpine, CA 91901; 2. Debbie Horn
1347 Tavern Rd. #B4, Alpine, CA 91901
This statement was filed with Recorder/
County Clerk of San Diego County on
February 19, 2010.
East County Gazette- GIE030790
2/25, 3/04, 3/11, 3/18, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-002380**
FICTITIOUS BUSINESS NAME(S): KOFU
Art and Design
Located at: 501 Kristen Crt., Encinitas, CA
92024
This business is conducted by: An Individual
The first day of business was: January 18,
2010
This business is hereby registered by the
following: Suellen McFerran 501 Kristen Crt.,
Encinitas, CA 92024
This statement was filed with Recorder/
County Clerk of San Diego County on
January 27, 2010.
East County Gazette- GIE030790
2/11, 2/18, 2/25, 3/04, 2010

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-004128**
FICTITIOUS BUSINESS NAME(S): Bauhaus
Building Company
Located at: 1608 Maria Ave., Spring Valley,
CA 91977
This business is conducted by: An Individual
The first day of business was: March 20,
2004
This business is hereby registered by the
following: Eric Schlosser 1608 Maria Ave.,
Spring Valley, CA 91977
This statement was filed with Recorder/
County Clerk of San Diego County on
February 11, 2010.
East County Gazette- GIE030790
2/18, 2/25, 3/04, 3/11, 2010

**TO PLACE YOUR
LEGAL AD CALL
(619) 444-5774**

CREST/DEHESA/GRANITE HILLS/HARBISON CANYON SUBREGIONAL PLANNING GROUP P. O. Box 21489, El Cajon, CA 92021-1489 www.crestplanning.org

PLANNING GROUP MEETING FINAL AGENDA/PUBLIC NOTICE

DATE 7 pm, March 8, 2010

PLACE: Crest Community Center, 113 North Park Drive, Crest

1. Call to order/Pledge of Allegiance/Roll call/Approval of January 11 and February 8, 2010 meetings minutes, Expense Reimbursement requests.
2. Announcements.
3. Open forum followed by Group Forum: An opportunity for members of the public/Planning Group to speak on items within the jurisdiction of the Planning Group but not on the agenda. Time limit 3 minutes; no discussion, no vote.
4. Committee Reports:
 - (a) None
5. Private project proposal:
 - (a) TPM 20716 RPL1 Kemerko 4 lot split with remainder parcel on Mountain View Road (continued from February meeting).
 - (b) TPM 21172 Davidson Project, 4 lot split with remainder parcel at Montana Serena and Tracey Lane in Crest. (Bowen).
 - (c) Tentative parcel map Harper 21164 RPL1 at 1470 La Cresta Road in Crest, 4 lot split with 1 remainder parcel, originally hear in July 2009 (Ulm).
6. Public Project Proposal:
 - (a) PLDO List.
 - (b) General Plan Update initial draft Zoning Consistency Review and recommendation.
7. Unfinished Business
 - (a) None
8. New Business:
 - (a) None
9. Adjournment

Planning Group Members:

Crest:	1. Janet Dillard	2. Pat Ulm	3. Ralph Slagill	4. Judy Bowen
Dehesa:	5. Lorraine Walls	6. Herb Krickhahn	7. Wally Riggs	8. Bill Bretz
Harbison Canyon	9. Mary Manning	10. Jack Vandover	11. Jason Harris	12. Jeff Myrick
Granite Hills	13. Phil Hertel	14. Vacant	15. Mark Gabler	

Final agenda will be posted at the Crest Community Center 72 hours prior to meeting.

Chairman
Wally Riggs
(619) 442-4612
wrplanning@aol.com

Vice-chairman
Jason Harris
(619) 659-9675
harris@nautilus.com

**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-003192**
FICTITIOUS BUSINESS NAME(S):
Pathmann Photography
Located at: 9718 Channel Rd., #5, Lakeside,
CA, 92040.
This business is conducted by: Co-Partners
The first day of business was: Feb. 2, 2010
This business is hereby registered by the
following: 1. Michael Pathmann, 9718
Channel Rd., Apt. #5, Lakeside, CA, 92040
2.) Joseph Grodin, 299 Wisconsin Ave., Apt.
L, El Cajon, CA 92020.
This statement was filed with Recorder/
County Clerk of San Diego County on
February 19, 2010.
East County Gazette- GIE030790
3/04, 3/11, 3/18, 3/25, 2010

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**FICTITIOUS BUSINESS NAME
STATEMENT NO. 2010-005245**
FICTITIOUS BUSINESS NAME(S): CB
Markets
Located at: 2340 Molchan Rd., Campo,
CA 91906
This business is conducted by: A Limited
Liability Company
The business has not yet started.
This business is hereby registered by the
following: 1. CB Markets 2340 Molchan
Rd., Campo, CA 91906
This statement was filed with Recorder/
County Clerk of San Diego County on
February 24, 2010.
East County Gazette- GIE030790
3/04, 3/11, 3/18, 3/25, 2010

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— LEGAL NOTICES —

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-004350
FICTITIOUS BUSINESS NAME(S): Advanced A/C and Heating Contractor Co. Located at: 3980 Marine View Ave. Ste. A, San Diego, CA 92113
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Suren Chamian 3980 Marine View Ave. Ste. A, San Diego, CA 92113
This statement was filed with Recorder/ County Clerk of San Diego County on February 16, 2010.
East County Gazette- GIE030790 2/25, 3/04, 3/11, 3/18, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-004486
FICTITIOUS BUSINESS NAME(S): Black Eagle Auto Detailing Located at: 8843 Winter Gardens Blvd., Lakeside, CA 92040
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Alan Jezrawi 11601 Avenida Anacapa, El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on February 17, 2010.
East County Gazette- GIE030790 2/25, 3/04, 3/11, 3/18, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-004296
FICTITIOUS BUSINESS NAME(S): G and G Glass Located at: 1002 Alveda Ave., El Cajon, CA 92019
This business is conducted by: A General Partnership
The business has not yet started.
This business is hereby registered by the following: 1. Davis Guevara 1002 Alveda Ave., El Cajon, CA 92019; 2. Ignacio Garcia 1002 Alveda Ave., El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on February 16, 2010.
East County Gazette- GIE030790 2/25, 3/04, 3/11, 3/18, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002677
FICTITIOUS BUSINESS NAME(S): Rebel Tattoo Located at: 10229 Ashwood St. #1, Lakeside, CA 92040
This business is conducted by: Husband and Wife
The business is not yet started.
This business is hereby registered by the following: 1. Dwight Fregia 10229 Ashwood St. #1, Lakeside, CA 92040; 2. Pamela Fregia 10229 Ashwood St. #1, Lakeside, CA 92040
This statement was filed with Recorder/ County Clerk of San Diego County on January 29, 2010.
East County Gazette- GIE030790 2/11, 2/18, 2/25, 3/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-001420
FICTITIOUS BUSINESS NAME(S): Summit Ridge Professional Development Located at: 6885 Summit Ridge Way, San Diego, CA 92120
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Dr. Sandra Bonura 6885 Summit Ridge Way, San Diego, CA 92120
This statement was filed with Recorder/ County Clerk of San Diego County on January 15, 2010.
East County Gazette- GIE030790 2/18, 2/25, 3/04, 3/11, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003668
FICTITIOUS BUSINESS NAME(S): Performance Drywall & Insulation Located at: 4204 Jutland Dr. Ste. A-2, San Diego, CA 92117
This business is conducted by: A Corporation
The first day of business was: February 8, 2010
This business is hereby registered by the following: New Vision Drywall 4204 Jutland Dr. Ste. A-2, San Diego, CA 92117
This statement was filed with Recorder/ County Clerk of San Diego County on February 08, 2010.
East County Gazette- GIE030790 2/18, 2/25, 3/04, 3/11, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-001730
FICTITIOUS BUSINESS NAME(S): Casa Palmera Care Center Located at: 14750 El Camino Real, Del Mar, CA 92014
This business is conducted by: A Corporation
The first day of business was: September 3, 2004
This business is hereby registered by the following: 1. Casa Palmera Care Center, Inc. 14750 El Camino Real, Del Mar, CA 92014
This statement was filed with Recorder/ County Clerk of San Diego County on January 21, 2010.
East County Gazette- GIE030790 2/11, 2/18, 2/25, 3/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002948
FICTITIOUS BUSINESS NAME(S): Mighty Jungle Media Located at: 9610 Hartland Circle, Santee, CA 92071
This business is conducted by: A General Partnership
The business has not yet been started.
This business is hereby registered by the following: 1. Chris Galvan 9610 Hartland Circle, Santee, CA 92071; 2. James Meek 1246 Tres Lomas Drive, El Cajon, CA 92021
This statement was filed with Recorder/ County Clerk of San Diego County on February 02, 2010.
East County Gazette- GIE030790 2/11, 2/18, 2/25, 3/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-002042
FICTITIOUS BUSINESS NAME(S): East County Family Justice Center Located at: 131 Avocado Ave., El Cajon, CA 92020
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Debra Comstock 874 Terra Lane, El Cajon, CA 92019
This statement was filed with Recorder/ County Clerk of San Diego County on January 25, 2010.
East County Gazette- GIE030790 2/25, 3/04, 3/11, 3/18, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003408
FICTITIOUS BUSINESS NAME(S): Hazard Mouth Located at: 7111 Waite Dr., La Mesa, CA 91942
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: Stephen Helmer 7111 Waite Dr., La Mesa, CA 91942
This statement was filed with Recorder/ County Clerk of San Diego County on February 05, 2010.
East County Gazette- GIE030790 2/25, 3/04, 3/11, 3/18, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-003000
FICTITIOUS BUSINESS NAME(S): Route 94 Vehicle Registration Service Located at: 12868 Hwy 94, Spring Valley, CA 91978
This business is conducted by: An Individual
The business has not yet started.
This business is hereby registered by the following: 1. Ardelle J. Stewart 8687 Lemon Ave. #7, La Mesa, CA 91941
This statement was filed with Recorder/ County Clerk of San Diego County on February 2, 2010.
East County Gazette- GIE030790 2/11, 2/18, 2/25, 3/04, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-004559
FICTITIOUS BUSINESS NAME(S): KTM Construction Located at: 8614 Argent St. #F, Santee, CA 92071
This business is conducted by: A Corporation
The first day of business was: January 1, 2004
This business is hereby registered by the following: 1. KTM Coating Technologies Inc. 8614 Argent St. #F, Santee, CA 92071
This statement was filed with Recorder/ County Clerk of San Diego County on February 18, 2010.
East County Gazette- GIE030790 2/25, 3/04, 3/11, 3/18, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-004479
FICTITIOUS BUSINESS NAME(S): Mercy Electric Co. Located at: 8137 Winter Gardens Blvd., Lakeside, CA 92040
This business is conducted by: A Corporation
The business has not yet started.
This business is hereby registered by the following: 1. K.A. Carlisle Inc. 8137 Winter Gardens Blvd., Lakeside, CA 92040
This statement was filed with Recorder/ County Clerk of San Diego County on February 17, 2010.
East County Gazette- GIE030790 2/25, 3/04, 3/11, 3/18, 2010

FICTITIOUS BUSINESS NAME STATEMENT NO. 2010-004488
FICTITIOUS BUSINESS NAME(S): a.) Helix Postal b.) Helix Business Center Located at: 4618 Avocado Blvd., La Mesa, CA 91941
This business is conducted by: A Limited Liability Company
The business has not yet started.
This business is hereby registered by the following: 1. BStock LLC 3722 Avenida Juhanna, La Mesa, CA 91941
This statement was filed with Recorder/ County Clerk of San Diego County on February 17, 2010.
East County Gazette- GIE030790 2/25, 3/04, 3/11, 3/18, 2010

Dear Dr. Luauna



Dear Luauna: Every time I turn around I hear how bad the economy is. I am having a REALLY a hard time trying to sift out so much negativity, it has been pretty discouraging. Everywhere I turn, news reports, radio reports, newspaper reports, on and on, and ON! I am SICK of it!
Signed, Negative Report

Dear Negative Report,

First, I want to share with you, Jesus loves you! Unfortunately, most people are bent towards the negative. Our God is not moved by the economy of this WORLD. No matter what the economy looks like, we can trust in JESUS. In the Bible, in the book of Matthew 14:17 “and they said to Him, ‘We have here only five loaves and two fish.’”

I love this story; we at times can be just like Jesus’ disciples, full of unbelief, looking only through our natural eyes. They saw all those people, it was late, and no food. Jesus wanted them to learn a lesson; JESUS can multiply what we have, if we will trust HIM. Throughout the whole Bible, we find many who were in a time of drought, they trusted God, JESUS always supplied for their needs. Many say there is NO GOD, well, NO GOD, NO PROVISION..! Put your faith in Jesus Christ, He will never leave you or forsake you! This is good news! Stop everyday and write something good that happened to you, by the end of the month, you will see, your collection of all the things that God has taken care is growing while others are busy looking at the negative.

Philippians 4:8, “Finally, brethren, whatever things are true, whatever things are noble, whatever things are just, whatever things are pure, whatever things are lovely, whatever things are of good report, if there is any virtue and if there is anything praiseworthy— meditate on these things.”

Send: questions@drluauna.com
www.atouchfromabove.org

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Curfew ...

Continued from page 1
communities safer,” Jacob said, describing a scene she witnessed during a recent curfew sweep in Spring Valley . Jacob said deputies and probation officers lacked the authority to break up a large party outside an apartment complex at 10:30 p.m. The group included suspected gang members.

“Statistics reveal that the hour between 10 and 11 p.m. is prime crime time for kids. By enforcing the earlier curfew we can ensure that kids are exactly where their families believe them to be,” Jacob said. “For kids that are in the wrong place, we’re working with law enforcement,

community groups and faith-based organizations to put them on a path to better behavior.”

Local statistics suggest that the enforcement of an earlier curfew will lessen the number of crimes against juveniles and especially target violent crimes. More than 43 percent of curfew violations within the Sheriff’s jurisdiction occur on Friday and Saturday night, according to the Sheriff’s Department.

The cities of San Diego, El Cajon, La Mesa and Santee have 10 p.m. curfews. The County plans to contact cities with 11 p.m. curfews to request the earlier hour.

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Our Best Friends

Counter surfing dogs ... ask a trainer

by Nan Arthur,
CDBC, CPDT, KPACTP

Dear Trainer,
My dog is a counter surfer and is tall enough to get things off the counter if they are close to the edge. My dog is 4 years old and she is a Shepherd mix. We have tried everything to stop her; including yelling at her, booby trapping the counter with things that would make noise and using a squirt bottle, but she still does it. What can I do?

Signed,
Surfer dog

Dear Surfer,

Counter surfing for dogs is like any other behavior--the longer it continues and is reinforced, the stronger the behavior will become. With that in mind, you will need to do a lot of prevention to ensure your dog doesn't keep self-reinforcing by stealing things from the counter. Dogs that keep getting "rewarded" for doing a behavior will continue to do so because it pays off. All of the tactics that you have tried may work in the moment, but will likely teach your dog to avoid checking the counter when you are around of if she perceives the booby trap is there.

Since none of the things you have tried have actually worked to keep your dog off

the counter, it's time to take a different approach; which is to teach your dog what you would like her do instead. By giving your dog a different option and reinforcing that, while making a concerted effort to keep your counters free of things that will reinforce her, you should be able to get to a point where your dog will choose the easier behavior over one that no longer has a reinforcing quality.

Diet first

If your dog is eating a high carbohydrate diet, you may want to look at feeding her something different. Many dogs are hungrier when eating low quality foods with high grain contents and suffer from "carb crashes," just like us when we eat a lot of junk food. These low-end foods also give dogs a ton more energy that needs to be expended somewhere, so exploring counters might be a result of that.

Exercise

Both mental and physical exercises are important to stopping any unwanted behavior, so do make sure your dog is getting a balance of both. Mental exercise can actually help make dogs sleepier than some of the physical activities (think about studying for a test!). A couple of 20 minute walks per day, or one walk and some play are a nice addition

to your dog's daily routine, and then augment that with things that are mentally tiring and you will have a dog less likely to look for trouble.

Mental exercise can be training for manners or tricks, eating from food carrier toys such as Kongs, Buster Cubes, or even just throwing your dog's food in the backyard so she has to scavenge for her meals (just be sure your yard is chemical free if you do this). Also, there are many "food puzzles" for dogs that help satisfy the need to scavenge, which is part of the counter surfing issue, and that provide mental exercise for them at the same time. Check the local pet supply stores and on-line for many different choices.

Chewing is another way to relieve stress and energy. Rawhides, raw bones, bully sticks, etc. can help tire a dog out while still taking care of that need to scavenge. Be sure you watch your dog with any of these things to ensure she chews rather than just biting big chunks off—a choking hazard or potential to become trapped.

Prevention

Prevent your dog from going into the kitchen when not supervised. Baby gates, exercise pens or keeping your dog crated or in other rooms

when you can't watch her are all ways to keep her out of the area in question. Unwanted behaviors must be prevented if you are going to get her past this.

Teach what you want

Teaching your dog to lie down at the entrance of the kitchen would be a great behavior to train your dog. She will still be able to see you that way, but will be reinforced only for being in the area where you would like her. I like to use some sort of a visual aide for this, like a towel, small rug or an actual dog bed or mat.

Put the mat where you think you would like your dog to settle and drop 10-15 treats on the mat before you bring your dog into the area. That initial reinforcement will set the gears in motion when your dog discovers the booty you left. Now

you will completely ignore your dog, but have about a ½ cup of small treats ready to go so after she finds the treats you left on the mat, you can begin to reinforce her for staying on the mat.

Your job is to toss treats to your dog when she is on the mat and ignore her otherwise. She is allowed to walk around, get up and leave, walk through the kitchen, or whatever she wants, but you will only give her a treat when she is on the mat. Be sure that you keep giving her treats at a fast pace when she is on the mat so she learns that staying there pays off really well, and that nothing happens if she leaves the mat. It won't take long for your dog to learn that being on the mat is the place to be.

After a couple of times doing this, you can begin to reduce

the amount of treats you give her because being on the mat will have become a fun thing by itself and won't need to be reinforced as often. You could then begin to hold out for even calmer behaviors, such as lying down before your reinforce her. It shouldn't take too long before your dog runs to the mat when you work in the kitchen and if you prevent her from having access when you are not there, the mat will begin to override the counter surfing.

Be sure to adjust your dogs meals for the amount of treats you use (you can use a portion of her daily food for this, but do add some really wonderful treats in the mix as well) so your dog doesn't gain weight.

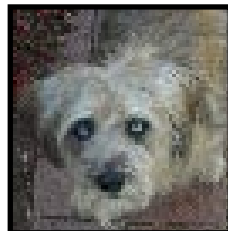
Good luck!
Nan Arthur,
CDBC, CPDT, KPACTP
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Wendy is an 8-yr old, 28-pound Wheaten Terrier mix with awesome blue eyes. She's affectionate yet independent, will do best in a home with a calm atmosphere, and wants to



be your only dog. Wendy is polite with dog-savvy cats. She has plenty of energy, and enjoys a brisk pace on her daily walks. She has a moderate heart murmur that doesn't slow her down a bit, but will require monitoring. Financial assistance with associated costs may be available. Wendy is in a private foster home as part of the FOCAS rescue program: Friends of County Animal Shelters www.focas-sandiego.org. To learn more or to arrange a meeting, call (619) 788-7880. Her \$150 adoption fee includes spay, microchip, license and vaccinations.



Duane, a 5-year-old Rottweiler mix male, is a carefree spirit, looking for a carefree family! Don't let Duane's size sway you. With a little bit of TLC, time, and companionship, Duane will make a great walking partner and furry companion. He is quite the looker, so don't be shocked if he becomes the neighborhood favorite. Duane will do best in an experienced big dog home, so make sure everyone comes to meet him. Duane's adoption fee is \$100 and includes his neuter, current vaccinations, permanent microchip identification, certificate for a free veterinary exam, and license. San Diego Humane Society, (Oceanside and Vista residents). SAN DIEGO HUMANE SOCIETY AND SPCA NORTH CAMPUS, 2905 San Luis Rey Rd., Oceanside, CA 92058 (760) 757-4357 www.sdhumane.org. Adoption Hours: Open daily 10 a.m. - 5 p.m.

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